

Baked Carrots

Baking carrots is an easy way to prepare raw carrots so they are easy to eat. For people with low vision, or low dexterity, slicing raw carrots can be very dangerous, as they tend to slide. There is no need to peel carrots. Adding a dash or two of salt, and a 1/4 cup of brown sugar will also help soften them. Another option for slicing raw carrots is to soak them in water in the fridge for up to 12 hours. Canned or frozen carrots can also be baked, though canned ones may fall apart if baked too long.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Brown Sugar (diabetics)

Butter (lactose)

Pepper

Spices

Meatless Preparation Avoid:

Butter

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon.

Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat: None

Vegetables:

15 ounces of carrots

Other ingredients:

1/4 cup of brown sugar
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop 15 ounces of carrots.
2. Place 1.5 quart oven safe pan:
1/4 cup of brown sugar
1 tablespoon of butter
15 ounces of carrots
Dash of salt
Spices, such as pepper, to taste
Enough water to cover most of the carrots
3. Cover pan and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes **

** If using raw carrots wash thoroughly, and slice before cooking. Cook time may increase to one hour.

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.